

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

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Seite 1

AK-Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Männer M35							
1	152	Harwardt Valentin	VfL Wolfsburg	0:30:55	M35	21	0:30:54 05:36 06:17 06:21 06:26 06:12
2	578	Straßner Andreas	ESV Treuchtlingen	0:31:11	M35	27	0:31:09 05:51 06:17 06:21 06:26 06:12
3	199	Hallmann Sebastian	LG Telis Finanz Regensbu	0:31:30	M35	38	0:31:28 05:29 06:22 06:38 06:33 06:25
4	499	Freudenberger Holger	TSG 1845 Heilbronn	0:31:39	M35	43	0:31:38 05:44 06:25 06:29 06:33 06:25
5	289	Bekakcha Mourad	Hamburger SV	0:32:12	M35	68	0:32:10 05:52 06:27 06:34 06:43 06:31
6	146	Seibert Thomas	SSC Hanau-Rodenbach	0:32:28	M35	80	0:32:26 06:02 06:35 06:39 06:38 06:31
7	220	Hanelt Sebastian	LG Göttingen	0:32:50	M35	94	0:32:48 05:55 06:28 06:40 06:49 06:53
8	372	Remus Elmar	LC Solbad Ravensberg	0:33:50	M35	130	0:33:49 06:05 06:47 06:55 07:05 06:56
9	145	Reinke Ingbert	SSC Hanau-Rodenbach	0:35:16	M35	188	0:35:14 06:38 07:08 07:13 07:12 07:02
10	139	Weber Thomas	Grojos LTF Elversberg	0:35:18	M35	190	0:35:10 06:33 07:06 07:12 07:17 07:00
11	779	Skopnik Manuel	TV Refrath	0:35:26	M35	197	0:35:21 06:36 07:08 07:16 07:15 07:04
12	438	Silbach Christoph	Spiridon Frankfurt	0:35:37	M35	200	0:35:30 06:36 07:11 07:15 07:17 07:09
13	144	Unger Stefan	SSC Hanau-Rodenbach	0:35:58	M35	211	0:35:52 06:46 07:14 07:18 07:20 07:12
14	34	Abraham Philippe	LAC THG Kettwig	0:36:26	M35	223	0:36:17 06:36 07:20 07:27 07:29 07:23
15	352	Hillebrecht Volker	LG Göttingen	0:36:34	M35	227	0:36:27 06:36 07:15 07:31 07:31 07:32
16	260	Steinmann Dr. Jörg	Tusem Essen	0:36:44	M35	234	0:36:39 06:45 07:21 07:26 07:31 07:34
17	62	Niemeyer Nils	Lauffeuer Chiemgau	0:36:55	M35	238	0:36:52 06:41 07:16 07:37 07:41 07:36
18	192	Eich Benedikt	LG Stadtwerke München	0:36:57	M35	239	0:36:51 06:40 07:19 07:36 07:36 07:39
19	5008	Göktas Nihat	Ayyo Team Essen	0:37:28	M35	252	0:37:12 06:49 07:29 07:38 07:37 07:38
20	768	Meyer Irek	TV Refrath	0:37:52	M35	258	0:37:46 06:47 07:27 07:56 07:47 07:46
21	755	Jacob Michael	TV Refrath	0:38:28	M35	268	0:38:23 06:50 07:41 07:53 08:05 07:52
22	256	Schlimnat Michael	TuS Xanten	0:39:02	M35	273	0:38:53 07:08 07:48 07:56 08:01 07:58
23	385	Deinet Lars	Solinger LC	0:39:09	M35	278	0:39:02 06:59 07:37 07:50 08:14 08:21

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Seite 2

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Männer M40							
1	138	Böhme Solomon	OSC Berlin	0:31:50	M40	51	0:31:48 05:52 06:29 06:29 06:36 06:20
2	5018	Schwab Marco	PSV Grün-Weiß Kassel	0:32:41	M40	86	0:32:39 05:54 06:32 06:41 06:50 06:39
3	5048	Hadamus Sebastian	ART Düsseldorf	0:32:43	M40	89	0:32:40 05:58 06:31 06:39 06:48 06:42
4	623	Reißinger Kai	M.O.N.	0:32:51	M40	95	0:32:48 06:11 06:39 06:39 06:41 06:36
5	453	Friedrich Uwe	Chemnitzer PSV	0:33:01	M40	109	0:32:58 06:10 06:39 06:42 06:45 06:40
6	536	Collet André	Aachener TG	0:33:11	M40	110	0:33:08 06:05 06:39 06:44 06:52 06:46
7	433	Eillinghoff Sven	LG Buntentor Roadrunner	0:33:11	M40	111	0:33:08 06:10 06:43 06:47 06:47 06:39
8	320	Groß Stefan	SG Wenden	0:33:21	M40	115	0:33:19 05:51 06:23 06:46 07:05 07:13
9	5002	Yilmaz Muharrem	Ayyo Team Essen	0:33:38	M40	125	0:33:37 06:10 06:43 06:50 06:58 06:54
10	23	Krause Lars	TSV Einheit Grimma	0:34:10	M40	141	0:34:04 06:21 06:51 06:56 07:02 06:53
11	264	Müller Andre	TGH Wetter	0:34:20	M40	157	0:34:20 06:09 06:47 07:12 07:13 06:58
12	223	Müller Matthias	LSG Saarbrücken-Sulzb	0:34:23	M40	160	0:34:16 06:24 06:49 06:56 07:02 07:03
13	30	Horn Carsten	VfL Suderburg	0:34:33	M40	162	0:34:27 06:19 06:55 07:02 07:04 07:05
14	406	Monster Daniel	AS Neukirchen-Vluyn	0:35:02	M40	177	0:34:56 06:29 06:54 07:11 07:14 07:06
15	329	Seelbach Knut	SG Wenden	0:35:04	M40	180	0:34:56 06:42 06:48 07:02 07:07 07:14
16	383	Kurtz Peter	LC Rapid Dortmund	0:35:09	M40	181	0:35:05 06:16 07:00 07:12 07:19 07:16
17	410	Tertünte Björn	MTG Horst Essen	0:35:53	M40	208	0:35:49 06:21 07:08 07:27 07:27 07:24
18	322	Haarmann Jörg	SG Wenden	0:36:16	M40	218	0:36:10 06:31 07:14 07:32 07:34 07:16
19	5011	Westphal Abbi	Ayyo Team Essen	0:36:19	M40	220	0:36:12 06:30 07:13 07:26 07:31 07:30
20	686	Wienecke Thorsten	TuS Köln rrh.	0:36:19	M40	221	0:36:15 06:41 07:24 07:30 07:24 07:16
21	607	Ley Jürgen	VFB Erfstadt	0:36:35	M40	228	0:36:30 06:42 07:22 07:28 07:29 07:27
22	107	Penedo Alipio	rhein-marathon düsseldorf	0:36:40	M40	230	0:36:29 06:24 07:17 07:34 07:40 07:33
23	226	Schieffer Michael	Post-Sportverein Trier	0:36:45	M40	235	0:36:41 06:41 07:22 07:33 07:36 07:28
24	148	Klug Oliver	VFB Erfstadt	0:37:11	M40	245	0:37:05 06:48 07:34 07:35 07:39 07:27
25	598	Bhattacharjee Rana Marti	TuS Köln rrh.	0:37:24	M40	249	0:37:20 06:42 07:39 07:46 07:47 07:25
26	5028	Palm Alexander	SFD '75 Düsseldorf	0:37:27	M40	251	0:37:24 06:35 07:40 07:40 07:40 07:48
27	333	Engel Dirk	LT Schweich	0:37:53	M40	259	0:37:46 06:46 07:38 07:47 07:54 07:40
28	5010	Gökoglan Tamer	Ayyo Team Essen	0:38:03	M40	260	0:37:56 06:54 07:38 07:48 07:52 07:44
29	465	Schröder Christian	LSF Münster	0:38:05	M40	261	0:37:57 06:58 07:35 07:40 07:49 07:53
30	140	Rodriguez Antonio	LC Rapid Dortmund	0:38:13	M40	264	0:38:08 06:59 07:45 07:50 07:49 07:43
31	5007	Cam Sefayi	Ayyo Team Essen	0:38:31	M40	270	0:38:29 06:53 07:51 07:57 08:00 07:46
32	537	Felder Jörg	Aachener TG	0:39:05	M40	276	0:38:56 07:04 07:51 08:00 08:03 07:56
33	5006	Tekgül Güzel	Ayyo Team Essen	0:39:08	M40	277	0:38:59 07:05 07:50 08:00 08:06 07:56
34	539	Isaac Dirk	Aachener TG	0:39:39	M40	281	0:39:29 07:04 07:55 08:11 08:16 08:02
35	496	Schäfer Gerd	TuS Köln rrh.	0:39:52	M40	282	0:39:49 06:40 07:52 08:20 08:33 08:22
36	298	Lorig Sven	LAZ Puma Rhein-Sieg	0:40:19	M40	285	0:40:10 07:19 08:01 08:11 08:22 08:14
37	5012	Sahin Sadik	Ayyo Team Essen	0:40:22	M40	286	0:40:16 07:12 08:06 08:16 08:17 08:24
38	321	Grüne Henning	SG Wenden	0:40:32	M40	288	0:40:22 07:34 08:17 08:15 08:15 07:59
39	538	Bständig Klaus	Aachener TG	0:45:17	M40	294	0:45:08 07:50 08:59 09:20 09:25 09:31

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Seite 3

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Männer M45							
1	720	Salzberger Rudolf	SWC Regensburg	0:34:00	M45	134	0:33:58 05:57 06:41 06:59 07:17 07:02
2	375	Imbsweiler Marcus	TSG 78 Heidelberg	0:34:09	M45	139	0:34:05 06:24 06:52 06:58 07:00 06:51
3	514	Braukmann Thomas	TuS Deuz	0:34:13	M45	144	0:34:10 06:13 06:59 07:01 07:02 06:53
4	2843	Lenz Wolfgang	rhein-marathon düsseldorf	0:34:14	M45	146	0:34:12 06:09 06:50 07:02 07:06 07:03
5	394	Kersten Sven	OSC Berlin	0:34:15	M45	147	0:34:13 06:15 06:54 07:04 07:01 06:58
6	135	Eckstein Klaus	LC Nordhorn	0:34:18	M45	153	0:34:16 06:19 06:53 06:58 07:04 07:01
7	414	Von Kuk Carsten	LT DSHS Köln	0:34:25	M45	161	0:34:21 06:19 06:54 07:03 07:05 06:58
8	515	Brockfeld Stefan	TuS Deuz	0:34:42	M45	167	0:34:40 06:33 07:04 07:07 07:05 06:50
9	758	Koller Martin	TV Refrath	0:34:49	M45	171	0:34:47 06:19 06:59 07:11 07:17 07:00
10	714	Kozlowski Peter	SWC Regensburg	0:35:01	M45	176	0:34:59 06:22 07:05 07:15 07:19 06:55
11	165	Da Silva Adao Norte	SC Rönna 74	0:35:03	M45	178	0:34:58 06:27 06:58 07:10 07:11 07:10
12	454	Mattner Marcus	LG Eder	0:35:13	M45	185	0:35:11 06:24 06:56 07:11 07:19 07:20
13	699	Retzer Volkmar	SWC Regensburg	0:35:18	M45	189	0:35:15 06:21 07:01 07:15 07:20 07:16
14	563	Assmann Walter	TF Feuerbach	0:35:21	M45	191	0:35:17 06:26 07:10 07:12 07:18 07:11
15	777	Schneider Norbert	TV Refrath	0:35:25	M45	195	0:35:24 06:27 07:10 07:13 07:20 07:13
16	285	Amt Jörg	LC Nordhorn	0:35:37	M45	201	0:35:29 06:23 07:04 07:18 07:24 07:19
17	565	Wenzel Alexander	TF Feuerbach	0:35:40	M45	202	0:35:36 06:34 07:12 07:14 07:20 07:15
18	740	Kramer Thorsten	SF Blau-Gelb Marburg	0:35:49	M45	204	0:35:44 06:19 07:06 07:22 07:39 07:16
19	495	Paschke Frank	Dürener TV 1847	0:35:49	M45	205	0:35:45 06:42 07:10 07:14 07:19 07:18
20	518	Senner Andreas	TuS Deuz	0:35:53	M45	207	0:35:49 06:48 07:14 07:19 07:20 07:06
21	61	Przybilla Harald	Lauffeuer Chiemgau	0:36:18	M45	219	0:36:18 06:41 07:16 07:20 07:27 07:32
22	408	Losch Stefan	Tusem Essen	0:36:29	M45	225	0:36:25 06:46 07:18 07:18 07:19 07:42
23	113	Niemann Christoph	LG Gummersbach	0:36:30	M45	226	0:36:24 06:44 07:16 07:24 07:31 07:27
24	399	Bexiga José	Mönchengladbacher LG	0:36:43	M45	233	0:36:37 06:29 07:23 07:35 07:45 07:22
25	287	Holboer Jan	LC Nordhorn	0:37:10	M45	242	0:37:02 06:44 07:19 07:31 07:40 07:45
26	564	Fetz Günther	TF Feuerbach	0:37:10	M45	244	0:37:03 06:59 07:30 07:34 07:32 07:26
27	5040	Sasa Perisic	TV Refrath	0:37:13	M45	246	0:37:09 06:45 07:30 07:38 07:44 07:31
28	119	Groß Joachim	Grojos LTF Elversberg	0:37:22	M45	248	0:37:12 16:30 12:47 07:54 00:00 00:00
29	386	Voigt-Krämer Dirk	Solinger LC	0:37:25	M45	250	0:37:21 06:43 07:41 07:41 07:39 07:35
30	783	Wilmes Heiko	TV Refrath	0:37:29	M45	253	0:37:24 06:49 07:34 07:41 07:40 07:38
31	29	Naue Torsten	LG Bremen-Nord	0:37:44	M45	256	0:37:41 06:48 07:29 07:43 07:48 07:51
32	577	Gläßer Harald	Sportgemeinschaft Zons	0:38:13	M45	263	0:38:03 06:55 07:33 07:43 07:57 07:53
33	517	Kraft Matthias	TuS Deuz	0:38:21	M45	266	0:38:16 06:50 07:40 07:53 07:56 07:56
34	423	Voß Steffen	LG Gummersbach	0:39:03	M45	275	0:38:55 07:05 07:53 08:00 08:03 07:52
35	75	Dr. Krumbholz Marcus	LG Stadtwerke Hilden	0:39:53	M45	283	0:39:45 07:07 07:52 08:05 08:20 08:21
36	617	Pöschl Udo	VFB Erftstadt	0:40:32	M45	287	0:40:19 07:28 08:20 08:15 08:16 07:57
37	5003	Celik Selami	Ayyo Team Essen	0:41:24	M45	290	0:41:16 07:26 08:19 08:25 08:31 08:33
38	94	Alhäuser Jochen	LC Duisburg	0:41:28	M45	291	0:41:21 07:22 08:22 08:28 08:35 08:32

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Seite 4

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit	Rundenzeiten				
Altersklasse Männer MHK												
1	2	Pollmächer Andre	rhein-marathon düsseldor	0:29:24	MHK	1	0:29:23	05:23	06:06	06:04	06:04	05:44
2	5	Stöckert Manuel	SC Ostheim/Rhön	0:29:44	MHK	3	0:29:44	05:29	06:01	06:04	06:04	06:04
3	3	Pflieger Philipp	LG Telis Finanz Regensbu	0:29:54	MHK	4	0:29:53	05:23	06:07	06:07	06:15	06:00
4	5053	Seboka Mitku	TS-Lichtenfels	0:29:55	MHK	5	0:29:55	05:23	06:07	06:04	06:04	06:15
5	305	Bleistein Clemens	LG Stadtwerke München	0:30:03	MHK	7	0:30:01	05:34	06:06	06:10	06:09	06:00
6	413	Schauer Frank	Sportclub Magdeburg	0:30:07	MHK	8	0:30:05	05:34	06:07	06:09	06:10	06:03
7	19	Reinwand Sebastian	TSG 08 Roth	0:30:09	MHK	9	0:30:08	05:30	06:03	06:11	06:15	06:06
8	10	Nerkamp Jens	PSV Grün-Weiß Kassel	0:30:12	MHK	10	0:30:11	05:29	06:05	06:12	06:15	06:08
9	8	Schreindl Tobias	LG Passau	0:30:13	MHK	11	0:30:12	05:31	06:05	06:11	06:14	06:09
10	301	Baier Heiko	LG Braunschweig	0:30:26	MHK	12	0:30:25	05:30	06:04	06:14	06:21	06:14
11	668	Stief Philipp	LC Rehlingen	0:30:27	MHK	13	0:30:27	05:31	06:06	06:13	06:19	06:16
12	277	Hamann Jan Simon	USC Bochum	0:30:32	MHK	14	0:30:31	05:29	06:06	06:14	06:22	06:18
13	641	Schmitz Christian	LG Maifeld-Pellenz	0:30:37	MHK	15	0:30:36	05:34	06:12	06:18	06:20	06:10
14	591	Katib Joseph	TSG 08 Roth	0:30:50	MHK	17	0:30:50	05:29	06:06	06:22	06:23	06:28
15	175	Becht Lukas	LG Stadtwerke München	0:30:51	MHK	18	0:30:50	05:40	06:12	06:19	06:21	06:17
16	4	Stützel Simon	ART Düsseldorf	0:30:52	MHK	19	0:30:51	05:35	06:17	06:22	06:25	06:10
17	198	Flügel Julian	LG Telis Finanz Regensbu	0:30:53	MHK	20	0:30:52	05:36	06:17	06:21	06:26	06:10
18	116	Gröbl Tobias	LG Zusam	0:31:00	MHK	23	0:30:59	05:30	06:05	06:17	06:31	06:34
19	335	Meier Karsten	LG Braunschweig	0:31:05	MHK	24	0:31:03	05:34	06:10	06:20	06:26	06:32
20	101	Naegele Lukas	ASV Köln	0:31:08	MHK	25	0:31:06	05:40	06:14	06:20	06:26	06:25
21	197	Plinke Felix	LG Telis Finanz Regensbu	0:31:10	MHK	26	0:31:08	05:48	06:20	06:21	06:24	06:13
22	348	Dietz Thorben	LG Dorsten	0:31:12	MHK	28	0:31:11	05:30	06:08	06:25	06:30	06:37
23	792	Wernsdörfer Mario	LG Bamberg	0:31:20	MHK	30	0:31:17	05:54	06:18	06:24	06:26	06:13
24	295	Rybak Vitaliy	LAZ Puma Rhein-Sieg	0:31:20	MHK	31	0:31:20	05:35	06:19	06:29	06:33	06:22
25	323	Henne Alexander	SG Wenden	0:31:21	MHK	33	0:31:20	05:36	06:20	06:29	06:29	06:24
26	663	Goineau Volker	ART Düsseldorf	0:31:21	MHK	34	0:31:19	05:52	06:17	06:21	06:25	06:23
27	303	Pehrs Florian	LG Braunschweig	0:31:25	MHK	35	0:31:23	05:33	06:17	06:33	06:36	06:23
28	669	Ybekal Berya Daniel	PSV Grün-Weiß Kassel	0:31:32	MHK	39	0:31:32	05:30	06:12	06:39	06:36	06:33
29	261	Hollop Dominik	USC Bochum	0:31:37	MHK	41	0:31:36	05:45	06:23	06:27	06:37	06:22
30	608	Obenauer Peter	LV Pliezhausen 2012	0:31:39	MHK	44	0:31:37	05:54	06:25	06:27	06:29	06:20
31	7	Sidenstein Tim-Arne	SG Wenden	0:31:42	MHK	45	0:31:41	05:30	06:15	06:37	06:46	06:32
32	484	Pohle Hendrik	SV Brackwede	0:31:46	MHK	47	0:31:42	05:52	06:23	06:28	06:34	06:22
33	610	Totzauer Florian	LV Pliezhausen 2012	0:31:46	MHK	48	0:31:44	05:55	06:24	06:27	06:29	06:27
34	730	Tremmel Thomas	ART Düsseldorf	0:31:49	MHK	49	0:31:47	05:52	06:19	06:25	06:35	06:34
35	371	Lohse Christoph	TV Wattenscheid 01	0:31:50	MHK	50	0:31:47	05:52	06:23	06:30	06:35	06:25
36	374	Schramm Michael	LAV Stadtwerke Tübingen	0:31:57	MHK	54	0:31:55	05:48	06:17	06:37	06:43	06:29
37	266	Arnold Tobias	SG Bad Schönborn	0:32:02	MHK	57	0:31:59	05:53	06:25	06:29	06:35	06:34
38	96	Fabianowski Dominik	ASV Köln	0:32:03	MHK	58	0:32:01	05:40	06:28	06:29	06:42	06:40
39	776	Schmidt Daniel	TV Refrath	0:32:05	MHK	59	0:32:00	05:58	06:31	06:35	06:29	06:25
40	31	Ocklenburg Marc-André	Ayyo Team Essen	0:32:07	MHK	61	0:32:05	05:51	06:27	06:35	06:38	06:32
41	193	Pasztor Florian	LG Stadtwerke München	0:32:10	MHK	64	0:32:09	06:02	06:41	06:33	06:33	06:18
42	267	Bücker Michel	USC Bochum	0:32:11	MHK	65	0:32:09	05:44	06:27	06:41	06:45	06:30
43	773	Ranftler David	TV Refrath	0:32:11	MHK	66	0:32:07	05:57	06:29	06:34	06:37	06:29
44	784	Winterholler Andreas	TV Refrath	0:32:12	MHK	67	0:32:09	05:55	06:24	06:34	06:38	06:36
45	500	Hoffmann Benedikt	TSG 1845 Heilbronn	0:32:13	MHK	69	0:32:10	05:53	06:21	06:34	06:37	06:43
46	574	Hense Jan	TV Wattenscheid 01	0:32:14	MHK	70	0:32:11	05:48	06:23	06:38	06:42	06:38
47	282	Gonzalez Popoca Giovanni	LG Passau	0:32:15	MHK	71	0:32:14	05:54	06:31	06:39	06:39	06:28
47	370	Janus Damian	LC Solbad Ravensberg	0:32:15	MHK	71	0:32:14	05:56	06:33	06:35	06:40	06:28
49	330	Sidenstein Sven	SG Wenden	0:32:16	MHK	73	0:32:14	05:54	06:26	06:34	06:43	06:36
50	592	Batz Michael	TSG 08 Roth	0:32:17	MHK	74	0:32:15	06:06	06:34	06:36	06:33	06:25
51	106	Gerrits Andreas	LG Göttingen	0:32:20	MHK	76	0:32:18	05:55	06:29	06:36	06:41	06:36
52	310	Friedrich Simon	LAV Stadtwerke Tübingen	0:32:25	MHK	77	0:32:21	05:54	06:31	06:37	06:39	06:38
53	764	Meißner Pascal	TV Refrath	0:32:34	MHK	81	0:32:29	05:58	06:26	06:38	06:40	06:46
54	191	Müller Martin	Post-Sportverein Trier	0:32:36	MHK	82	0:32:33	05:52	06:25	06:37	06:48	06:48
55	533	Schnorr Stefan	Aachener TG	0:32:38	MHK	84	0:32:35	05:57	06:34	06:44	06:45	06:33
56	609	Rein Boris	LV Pliezhausen 2012	0:32:42	MHK	87	0:32:41	05:57	06:33	06:42	06:46	06:40
57	365	Hoffmann Philipp	LTC Berlin	0:32:42	MHK	88	0:32:41	06:06	06:34	06:40	06:43	06:37
58	600	Schoenball Patrick	ABC Ludwigshafen	0:32:44	MHK	90	0:32:41	05:54	06:38	06:52	06:49	06:26
59	501	Reischle Patrick	TSG 1845 Heilbronn	0:32:46	MHK	91	0:32:43	06:00	06:38	06:39	06:44	06:40
60	343	Zeller Amos	TSV Viktoria Mülheim	0:32:47	MHK	92	0:32:44	05:55	06:31	06:38	06:48	06:50
61	469	Schönherr David	LSF Münster	0:32:52	MHK	96	0:32:47	06:10	06:38	06:40	06:41	06:37

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

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Seite 5

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit	/ Rundenzeiten				
Altersklasse Männer MHK												
62	315	Artschwager Andrej	SG Wenden	0:32:52	MHK	97	0:32:50	06:04	06:43	06:43	06:40	06:37
63	380	Meier Frank	LG Olympia Dortmund	0:32:53	MHK	99	0:32:50	05:58	06:35	06:47	06:51	06:38
64	796	Hentschel Felix	LG Bamberg	0:32:56	MHK	100	0:32:51	05:56	06:40	06:48	06:47	06:38
65	251	Lang Alexander	MTG Mannheim	0:32:56	MHK	101	0:32:53	06:10	06:46	06:45	06:43	06:27
66	308	Schröder Alexander	LG Kreis Lübbecke	0:32:59	MHK	103	0:32:55	06:06	06:35	06:45	06:46	06:41
67	670	Wennmacher Johannes	PSV Grün-Weiß Kassel	0:32:59	MHK	104	0:32:55	05:52	06:33	06:45	06:58	06:46
68	204	Steinheber Lukas	LG Stadtwerke München	0:33:00	MHK	105	0:32:58	05:54	06:39	06:51	06:53	06:40
69	217	Wolzen Gerd	Garbsener SC	0:33:00	MHK	107	0:32:58	05:53	06:39	06:50	06:56	06:39
70	377	Dreser Christoph	LAV Stadtwerke Tübingen	0:33:14	MHK	112	0:33:12	05:53	06:29	06:46	07:04	06:59
71	736	Meingast Maximilian	ART Düsseldorf	0:33:18	MHK	113	0:33:14	06:09	06:42	06:45	06:50	06:46
72	252	Verhalen Christoph	TuS Xanten	0:33:19	MHK	114	0:33:14	06:05	06:36	06:46	06:55	06:49
73	756	Kirchner Torben	TV Refrath	0:33:21	MHK	115	0:33:17	06:07	06:43	06:49	06:53	06:42
74	359	Sporkmann Tim	LG Dorsten	0:33:22	MHK	117	0:33:18	06:01	06:49	06:55	06:50	06:42
75	328	Schäfer Nils	SG Wenden	0:33:23	MHK	118	0:33:21	06:02	06:38	06:47	06:58	06:56
76	471	Rinne Yannick	LSF Münster	0:33:28	MHK	121	0:33:24	06:13	06:46	06:48	06:53	06:42
77	99	Trompeter Marius	ASV Köln	0:33:38	MHK	124	0:33:33	06:13	06:49	06:50	06:56	06:44
78	725	Steinert Stefan	LG Kreis Verden	0:33:41	MHK	126	0:33:38	06:30	06:48	06:47	06:45	06:45
79	5025	Goßmann Alexander	SFD '75 Düsseldorf	0:33:41	MHK	127	0:33:35	06:19	06:43	06:45	06:54	06:52
80	5056	Hübenthal Eike	VfL Wolfsburg	0:33:48	MHK	129	0:33:43	06:11	06:40	06:50	06:58	07:01
81	492	Güths Marius	SV Brackwede	0:33:52	MHK	131	0:33:49	06:11	06:47	06:56	06:59	06:55
82	789	Graw Torsten	LG Dorsten	0:33:57	MHK	133	0:33:53	06:10	06:50	06:55	07:01	06:55
83	418	Kalhoff Julian	LG Dorsten	0:34:02	MHK	135	0:34:00	06:09	06:50	07:04	07:15	06:41
84	395	Patzelt Benedikt	Mönchengladbacher LG	0:34:04	MHK	136	0:34:00	06:21	06:53	07:00	07:02	06:42
85	302	Kuk Viktor	LG Braunschweig	0:34:08	MHK	137	0:34:04	05:47	06:42	07:09	07:18	07:06
86	532	Pelzer Martin	Aachener TG	0:34:10	MHK	140	0:34:05	06:12	06:51	06:59	07:04	06:56
87	360	Singer Tobias	1. VfL FORTUNA Marzah	0:34:10	MHK	142	0:34:06	06:19	06:47	06:55	07:06	06:56
88	790	Sielemann Jan Niklas	ART Düsseldorf	0:34:14	MHK	145	0:34:11	06:18	06:52	07:03	07:02	06:55
89	216	Jäger René	Garbsener SC	0:34:15	MHK	148	0:34:12	06:13	06:55	07:05	07:07	06:49
90	404	Risiko Sebastian	Mönchengladbacher LG	0:34:15	MHK	149	0:34:12	06:23	06:55	06:57	07:00	06:55
91	59	Becker Simon	Lauffeuer Chiemgau	0:34:17	MHK	151	0:34:17	06:09	06:52	07:03	07:08	07:02
92	441	Heidl Markus	Spiridon Frankfurt	0:34:17	MHK	152	0:34:14	06:13	06:47	07:04	07:10	06:58
93	485	Kaminski Damian	LSF Münster	0:34:22	MHK	158	0:34:18	06:30	06:53	06:52	06:59	07:02
94	434	Sprotte Philipp	Hamburger SV	0:34:33	MHK	163	0:34:28	06:09	06:46	06:56	07:16	07:19
95	503	Häcker Markus	TSG 1845 Heilbronn	0:34:38	MHK	164	0:34:34	06:10	06:48	07:02	07:14	07:18
96	97	Glowa Alexander	ASV Köln	0:34:39	MHK	165	0:34:34	06:21	06:56	07:06	07:10	06:58
97	524	Camminady Thomas	Aachener TG	0:34:43	MHK	168	0:34:38	06:18	06:47	07:01	07:11	07:18
98	774	Rinke André	TV Refrath	0:34:43	MHK	169	0:34:39	06:18	06:59	07:09	07:18	06:53
99	5043	Herold Tim	ASV Erfurt	0:34:48	MHK	170	0:34:43	06:20	06:50	07:01	07:20	07:10
100	153	Krenz Alexander	VfL Wolfsburg	0:34:55	MHK	172	0:34:49	06:21	06:54	07:05	07:13	07:14
101	351	Bullerkotte Christian	TSG 78 Heidelberg	0:35:01	MHK	175	0:34:57	06:25	06:57	07:10	07:14	07:09
102	143	Ziplies Arne	LG Braunschweig	0:35:04	MHK	179	0:35:02	06:18	07:07	07:15	07:16	07:03
103	379	Wilkening Richard	LG Lage-Detmold-Bad Sa	0:35:10	MHK	182	0:35:05	06:17	07:01	07:17	07:22	07:07
104	401	Stevens Andre	Mönchengladbacher LG	0:35:16	MHK	186	0:35:11	06:26	07:09	07:20	07:29	06:45
105	693	Rosenberg Sebastian	Moerser TV	0:35:22	MHK	192	0:35:16	06:31	07:10	07:17	07:20	06:56
106	793	Heck Torben	LG Bamberg	0:35:23	MHK	193	0:35:18	06:10	06:51	07:51	07:21	07:03
107	582	Beulertz Andreas	LG Hamm Kamen Holzw	0:35:23	MHK	194	0:35:19	06:08	06:45	07:27	07:34	07:24
108	746	Zimmer Markus	Stimmel Sports e.V.	0:35:27	MHK	198	0:35:21	06:35	07:09	07:14	07:17	07:04
109	112	Keybe Sebastian	PSV Meiningen 90	0:35:30	MHK	199	0:35:25	06:19	07:00	07:20	07:22	07:21
110	652	Gröner Philipp	LC Rapid Dortmund	0:35:50	MHK	206	0:35:46	06:22	07:02	07:19	07:46	07:15
111	5026	Knipping Andreas	SFD '75 Düsseldorf	0:35:55	MHK	209	0:35:49	06:39	07:12	07:17	07:20	07:20
112	400	Rück Matthias	TG Neuss	0:35:58	MHK	210	0:35:51	06:37	07:12	07:22	07:22	07:16
113	531	Ries Benjamin	Aachener TG	0:35:59	MHK	212	0:35:53	06:40	07:08	07:17	07:24	07:22
114	117	Kurka Wenzel	LG Zusam	0:36:04	MHK	214	0:35:59	06:23	07:05	07:27	07:35	07:28
115	373	El Fakrouni Houcine	LC Solbad Ravensberg	0:36:07	MHK	216	0:36:05	06:03	07:13	07:32	07:39	07:35
116	402	Stefes Hermann-Josef	Mönchengladbacher LG	0:36:13	MHK	217	0:36:08	06:39	07:22	07:30	07:23	07:13
117	529	Mahler Jonathan	Aachener TG	0:36:41	MHK	232	0:36:35	06:42	07:26	07:27	07:36	07:23
118	5027	Ziob Julian	SFD '75 Düsseldorf	0:37:04	MHK	240	0:36:55	06:50	07:33	07:32	07:35	07:24
119	628	Neuß Frederic	TSVE 1890 Bielefeld	0:37:08	MHK	241	0:37:01	06:48	07:35	07:39	07:35	07:22
120	662	Knape Michael	LG Gummersbach	0:37:14	MHK	247	0:37:06	06:54	07:37	07:35	07:34	07:24
121	527	Haschke Felix	Aachener TG	0:37:33	MHK	254	0:37:27	06:43	07:26	07:41	07:53	07:42
122	444	Brune René	LAZ Iserlohn	0:37:48	MHK	257	0:37:41	06:44	07:25	07:34	07:46	08:10

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

gedruckt 11.09.2014 18:41:41

Seite 6

AK-Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Männer MHK							
123	742	Kreuer Manuel	TSV Solingen	0:38:51	MHK	271	0:38:44 06:44 07:29 07:53 08:11 08:25
124	28	Helmes David Florenz	LV Marathon Kleve	0:38:52	MHK	272	0:38:48 06:43 07:47 07:56 08:08 08:11
125	405	Kamps Michael	Mönchengladbacher LG	0:39:03	MHK	274	0:38:59 06:47 07:42 08:04 08:15 08:09
126	388	Böhl Timo	LG Wittgenstein	0:39:36	MHK	280	0:39:28 06:57 07:56 08:15 08:17 08:00
127	21	Timpe Sebastian	VfL Bochum Leichtathletik	0:39:56	MHK	284	0:39:48 06:51 07:46 08:16 08:35 08:18

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

gedruckt 11.09.2014 18:41:41

Seite 7

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit	Rundenzeiten				
Altersklasse Männer MU23												
1	734	Petros Amanal	TSVE 1890 Bielefeld	0:29:32	MU23	2	0:29:32	05:23	06:06	06:04	06:04	05:52
2	20	Arbogast Jannik	LG Region Karlsruhe	0:30:01	MU23	6	0:29:58	05:28	06:03	06:12	06:06	06:07
3	121	Unewisse Frederik	LG Region Karlsruhe	0:30:40	MU23	16	0:30:40	05:34	06:12	06:19	06:22	06:10
4	9	Pfeiffer Hendrik	TV Wattenscheid 01	0:31:00	MU23	22	0:30:59	05:32	06:09	06:19	06:30	06:26
5	723	Grau Martin	LSC Höchststadt/Aisch	0:31:19	MU23	29	0:31:18	05:45	06:25	06:29	06:31	06:06
6	307	Roeser Florian	TV Konstanz	0:31:20	MU23	32	0:31:18	05:43	06:24	06:21	06:25	06:22
7	729	Reinhardt Philipp	SV Einheit 1875 Worbis	0:31:26	MU23	36	0:31:25	05:51	06:23	06:28	06:26	06:15
8	122	Lutz Fabian	LG Region Karlsruhe	0:31:28	MU23	37	0:31:25	05:54	06:16	06:23	06:28	06:22
9	53	Uphues Christoph	LAZ Rhede	0:31:34	MU23	40	0:31:32	05:53	06:22	06:29	06:26	06:19
10	206	Koller Jonas	LG Telis Finanz Regensbu	0:31:38	MU23	42	0:31:37	05:51	06:28	06:28	06:24	06:24
11	382	Dillenhöfer Fabian	LG Olympia Dortmund	0:31:45	MU23	46	0:31:42	05:50	06:18	06:28	06:34	06:30
12	74	Borries Anselm	LC Rapid Dortmund	0:31:52	MU23	52	0:31:49	05:52	06:20	06:28	06:37	06:29
13	283	Ramdane Cherif Tim	SCC Berlin	0:31:56	MU23	53	0:31:54	05:50	06:27	06:31	06:37	06:27
14	233	Bock Alexander	Post-Sportverein Trier	0:32:00	MU23	55	0:31:59	05:55	06:25	06:29	06:33	06:35
15	84	Thurley Tom	Caputher SV 1881 e.V.	0:32:02	MU23	56	0:32:00	05:44	06:24	06:31	06:41	06:38
16	201	Unterholzner Valentin	LG Telis Finanz Regensbu	0:32:07	MU23	60	0:32:05	05:51	06:27	06:28	06:38	06:38
17	689	Farhat Malik	LG Hamm Kamen Holzw	0:32:10	MU23	62	0:32:07	05:55	06:27	06:31	06:39	06:33
18	218	Pfeifer Lars	Garbsener SC	0:32:10	MU23	63	0:32:09	05:52	06:27	06:33	06:39	06:36
19	350	Kohle Jannek	LG Dorsten	0:32:19	MU23	75	0:32:16	05:50	06:23	06:35	06:43	06:44
20	200	Steininger Moritz	LG Telis Finanz Regensbu	0:32:26	MU23	78	0:32:25	05:48	06:27	06:45	06:51	06:32
21	123	Wammetsberger Felix	LG Region Karlsruhe	0:32:28	MU23	79	0:32:26	06:05	06:39	06:37	06:35	06:26
22	786	Schweikert Markus	LG Maifeld-Pellenz	0:32:36	MU23	82	0:32:34	05:58	06:33	06:40	06:46	06:36
23	188	Menzel René	TSV Kirchdorf	0:32:40	MU23	85	0:32:39	05:54	06:34	06:46	06:47	06:37
24	724	Grau Bastian	LSC Höchststadt/Aisch	0:32:48	MU23	93	0:32:46	05:58	06:37	06:46	06:49	06:33
25	95	Van Staa Sascha	LC Rapid Dortmund	0:32:52	MU23	98	0:32:50	05:53	06:27	06:37	07:05	06:47
26	727	Kürzdörfer Marco	LSC Höchststadt/Aisch	0:32:58	MU23	102	0:32:55	06:04	06:44	06:48	06:46	06:31
27	435	Walter Daniel	Stimmel Sports e.V.	0:33:00	MU23	106	0:32:57	05:50	06:32	06:47	06:59	06:47
28	353	Riechers Nicolai	SG Bredenbeck	0:33:01	MU23	108	0:32:59	05:58	06:40	06:49	06:48	06:43
29	52	Kolks Jonathan	LAZ Rhede	0:33:24	MU23	119	0:33:21	05:51	06:33	06:51	06:58	07:06
30	236	Knüttel Marcel	Post-Sportverein Trier	0:33:26	MU23	120	0:33:24	06:08	06:42	06:49	06:56	06:47
31	791	Dierker Marvin	LG Bamberg	0:33:34	MU23	122	0:33:30	06:08	06:41	06:57	06:56	06:46
32	91	Stalf Benjamin	LG Eintracht Frankfurt	0:33:36	MU23	123	0:33:36	05:54	06:41	06:57	07:05	06:57
33	54	Ritte Stefan	LAZ Rhede	0:33:46	MU23	128	0:33:42	06:10	06:40	06:56	07:08	06:46
34	688	Hönig Carsten	LG Hamm Kamen Holzw	0:33:53	MU23	132	0:33:50	06:16	06:50	06:59	06:59	06:45
35	523	Wyrwoll Lothar	Aachener TG	0:34:09	MU23	138	0:34:03	06:22	06:54	07:00	07:03	06:41
36	235	Theobald Andreas	Post-Sportverein Trier	0:34:11	MU23	143	0:34:10	05:59	06:39	07:02	07:11	07:17
37	102	Schommers Lukas	ASV Köln	0:34:16	MU23	150	0:34:13	06:16	06:50	07:01	07:05	06:58
38	440	Giesen René	LT DSHS Köln	0:34:18	MU23	154	0:34:15	06:16	06:48	07:07	07:06	06:55
39	278	Blume Mattes Paul	TSV Uetersen	0:34:19	MU23	155	0:34:16	06:12	06:51	07:03	07:16	06:52
40	184	Mengeringhausen Paul	LG Göttingen	0:34:20	MU23	156	0:34:15	06:00	06:57	07:11	07:16	06:48
41	452	Becker Sebastian	LG Aschaffenburg	0:34:23	MU23	159	0:34:18	06:10	06:41	06:51	07:21	07:13
42	771	Ralenovsky Arthur	TV Refrath	0:34:40	MU23	166	0:34:37	06:14	06:50	07:02	07:19	07:09
43	92	Reichold Karsten	LC Rapid Dortmund	0:34:55	MU23	173	0:34:51	06:15	07:00	07:13	07:17	07:06
44	5022	Thorwirth Max	SFD '75 Düsseldorf	0:34:59	MU23	174	0:34:53	06:24	06:51	07:07	07:37	06:53
45	521	Pietsch Gero	Aachener TG	0:35:10	MU23	183	0:35:04	06:26	07:05	07:14	07:18	06:59
46	739	Söntjens Luka	LAZ Puma Rhein-Sieg	0:35:13	MU23	184	0:35:11	06:01	07:01	07:19	07:28	07:20
47	522	Wilke Richard	Aachener TG	0:35:16	MU23	187	0:35:11	06:20	07:03	07:13	07:24	07:10
48	356	Dordel Dennis	SG Bredenbeck	0:35:26	MU23	196	0:35:18	06:49	07:12	07:10	07:10	06:55
49	558	Beus Armin-Gero	SV 1919 Sonsbeck e.V.	0:35:45	MU23	203	0:35:40	06:12	07:02	07:18	07:28	07:39
50	55	Eckers Marcel	LAZ Rhede	0:36:01	MU23	213	0:35:57	06:29	07:13	07:18	07:30	07:26
51	253	Beßling Markus	Tusem Essen	0:36:04	MU23	215	0:35:59	06:43	07:11	07:17	07:26	07:20
52	687	Orban Mikael	LG Hamm Kamen Holzw	0:36:25	MU23	222	0:36:18	06:40	07:14	07:27	07:32	07:23
53	354	Fangmann Stefan	SG Bredenbeck	0:36:29	MU23	224	0:36:24	06:28	07:05	07:34	07:41	07:33
54	247	Grotrian Philipp	Eckernförder MTV	0:36:37	MU23	229	0:36:31	06:28	07:13	07:43	07:34	07:31
55	98	Kemmerling Roman	ASV Köln	0:36:40	MU23	231	0:36:36	06:32	07:12	07:28	07:42	07:39
56	690	Pufahl Marvin	LG Hamm Kamen Holzw	0:36:53	MU23	236	0:36:45	06:42	07:18	07:44	07:45	07:15
57	520	Veith David	Aachener TG	0:36:53	MU23	237	0:36:46	06:43	07:27	07:34	07:46	07:14
58	583	Borghans Robin	OSC Waldniel	0:37:10	MU23	243	0:37:07	06:31	07:29	07:43	07:49	07:33
59	357	Amtsfeld Jonas	SG Bredenbeck	0:37:38	MU23	255	0:37:30	06:53	07:26	07:34	07:44	07:51
60	684	Kappelmann Christian	LG Hamm Kamen Holzw	0:38:08	MU23	262	0:38:01	06:59	07:27	07:56	07:58	07:39
61	154	Bußkönning Fabian	LAZ Rhede	0:38:19	MU23	265	0:38:11	06:45	07:36	07:48	08:08	07:53

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Männer

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Seite 8

AK-Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Total.	Nettozeit	/ Rundenzeiten				
Altersklasse Männer MU23												
62	5023	Fabian Max	SFD '75 Düsseldorf	0:38:23	MU23	267	0:38:14	06:50	07:33	07:42	08:06	08:01
63	232	Werhan Dominik	Post-Sportverein Trier	0:38:28	MU23	268	0:38:25	06:07	07:37	08:09	08:17	08:13
64	24	Lask Cornelius	TG Traisa	0:39:23	MU23	279	0:39:17	06:46	07:50	08:17	08:14	08:09
65	660	Vogt Simon	LK Düsseldorf	0:41:22	MU23	289	0:41:13	06:50	08:09	08:45	08:41	08:47
66	5024	Zill Pierre	SFD '75 Düsseldorf	0:42:38	MU23	292	0:42:29	06:51	07:45	08:33	08:54	10:24
67	580	Haarmann Thilo	VfL Bochum Leichtathletik	0:44:07	MU23	293	0:43:58	07:17	08:33	09:03	09:28	09:35

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Frauen

gedruckt 11.09.2014 18:41:41

Seite 9

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Frauen W35							
1	15	Volke Steffi	LG Telis Finanz Regensbu	0:35:11	W35	8	0:35:09 06:34 07:05 07:06 07:07 07:16
2	194	Galuschka Julia	LG Telis Finanz Regensbu	0:35:45	W35	17	0:35:43 06:34 07:06 07:11 07:26 07:25
3	673	Optekamp Silke	PSV Grün-Weiß Kassel	0:36:40	W35	25	0:36:37 06:36 07:15 07:33 07:39 07:32
4	464	Schröder Miriam	LSF Münster	0:37:45	W35	40	0:37:40 06:52 07:32 07:41 07:50 07:44
5	319	Scholz Julia	LG Stadtwerke München	0:37:50	W35	43	0:37:47 06:59 07:39 07:45 07:45 07:37
6	297	Jungblut Yvonne	LT Schweich	0:38:00	W35	47	0:37:54 06:47 07:32 07:49 07:56 07:48
7	594	Metz Sarah	VfB Salzkotten	0:39:49	W35	75	0:39:44 07:21 07:50 08:03 08:13 08:15
8	468	Hauertmann Katharina	LSF Münster	0:40:36	W35	89	0:40:31 07:29 08:02 08:34 08:19 08:06
9	550	Mollus Sabine	Aachener TG	0:40:42	W35	93	0:40:38 07:22 08:03 08:18 08:27 08:26
10	290	Offermanns Claudia	ASV Köln	0:41:52	W35	118	0:41:45 07:24 08:14 08:37 08:47 08:40
11	65	Zimmermann Rosemarie	Lauffeuer Chiemgau	0:42:04	W35	121	0:42:01 07:30 08:03 08:28 09:02 08:56
12	570	Bowenkamp Heidrun	LC Solbad Ravensberg	0:42:26	W35	127	0:42:22 07:47 08:33 08:40 08:40 08:39
13	680	Schädel Dagmar	LG Hamm Kamen Holzwo	0:42:32	W35	129	0:42:27 07:34 08:30 08:44 08:57 08:40
14	561	Wenger Martina	TF Feuerbach	0:43:06	W35	137	0:43:02 07:49 08:34 08:46 08:56 08:55
15	717	Beck Janina	SV Werder Bremen	0:44:02	W35	150	0:43:56 07:53 08:49 09:07 09:04 09:01
16	636	Basinski Jolanta	TV Refrath	0:44:21	W35	157	0:44:14 07:58 09:01 09:11 09:11 08:51

Altersklasse Frauen W40

1	324	Klein Sandra	SG Wenden	0:35:59	W40	21	0:35:57 06:36 07:09 07:22 07:28 07:19
2	93	Kohler Heike	Grojos LTF Elversberg	0:37:02	W40	28	0:36:59 06:46 07:25 07:35 07:38 07:32
3	775	Schäpers Silke	TV Refrath	0:37:20	W40	35	0:37:14 06:49 07:28 07:36 07:41 07:38
4	431	Kleiner Yvonne	LG Stadtwerke München	0:37:58	W40	46	0:37:55 07:03 07:39 07:43 07:44 07:43
5	331	Wied Ramona	SG Wenden	0:38:58	W40	64	0:38:56 07:05 07:46 07:55 08:04 08:03
6	364	Schenk Dr. Karin	Spiridon Frankfurt	0:39:30	W40	70	0:39:27 07:19 07:54 08:02 08:06 08:05
7	263	Stöckmann Petra	LG Stadtwerke München	0:39:42	W40	73	0:39:39 07:16 07:55 08:03 08:09 08:14
8	326	Lückert Mara	SG Wenden	0:40:27	W40	86	0:40:23 07:20 08:04 08:12 08:25 08:21
9	491	Willcox-Heidner Victoria	LC Solbad Ravensberg	0:40:28	W40	87	0:40:24 07:27 08:09 08:16 08:22 08:09
10	698	Niehues Silke	Tusem Essen	0:40:46	W40	97	0:40:42 07:20 08:11 08:25 08:26 08:17
11	421	Vergin Stefanie	Post SV Gütersloh	0:41:15	W40	105	0:41:13 07:17 08:17 08:30 08:33 08:34
12	66	Frank Elfi	Lauffeuer Chiemgau	0:41:19	W40	106	0:41:10 07:29 08:04 08:12 08:51 08:33
13	462	Schönefeld Eva	LSF Münster	0:41:42	W40	113	0:41:37 07:38 08:19 08:29 08:34 08:34
14	416	Jedras Barbara	Tusem Essen	0:41:59	W40	120	0:41:53 07:38 08:30 08:36 08:38 08:31
15	722	Herma Heike	DJK JungSiegfried Herzo	0:42:44	W40	131	0:42:37 07:40 08:31 08:47 08:54 08:43
16	39	Heidecke Britta	LG Hopfen Schackensleb	0:43:23	W40	144	0:43:20 07:35 08:31 09:00 09:19 08:52
17	156	Rey Claudia	TuS 08 Lintorf	0:44:10	W40	152	0:44:06 07:55 08:49 09:08 09:02 09:10
18	5014	Demir Ümran	Ayyo Team Essen	0:44:20	W40	156	0:44:14 08:22 08:57 08:58 08:59 08:55
19	552	Trauzeddel Antje	Aachener TG	0:44:36	W40	159	0:44:30 07:51 08:41 09:10 09:27 09:18
20	5019	Schwab Kerstin	PSV Grün-Weiß Kassel	0:44:44	W40	162	0:44:38 08:09 08:53 09:09 09:17 09:09
21	64	Plenk Monika	Lauffeuer Chiemgau	0:45:31	W40	168	0:45:24 08:23 09:05 09:12 09:24 09:18
22	785	Zarl Eliza	TV Refrath	0:45:55	W40	172	0:45:47 08:05 08:58 09:09 09:13 10:19
23	766	Meyer Johanna	TV Refrath	0:48:55	W40	191	0:48:46 08:31 09:29 10:04 10:17 10:23

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Frauen

gedruckt 11.09.2014 18:41:41

Seite 10

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Frauen W45							
1	131	Martens Vera	TV Waldstraße Wiesbade	0:39:05	W45	66	0:39:02 07:10 07:48 07:58 08:04 08:00
2	707	Wolf Ruth	TSG Kleinostheim	0:39:29	W45	69	0:39:25 07:05 07:47 08:04 08:14 08:13
3	769	Pichlmaier Bernadette	LAG Mittlere Isar	0:40:22	W45	82	0:40:18 07:33 08:08 08:11 08:15 08:10
4	494	Engels Sabine	LC Solbad Ravensberg	0:40:25	W45	85	0:40:21 07:25 08:08 08:13 08:19 08:14
5	458	Baltruschat Gabi	LG BadSoden/Sulzbach/	0:40:44	W45	94	0:40:41 07:18 08:13 08:22 08:28 08:18
6	709	Freudenberger-Lötz Petra	LG Kaufungen	0:41:33	W45	112	0:41:28 07:23 08:11 08:31 08:44 08:37
7	713	Drumm-Becker Sabine	Kölner Turnerschaft von 1	0:41:47	W45	116	0:41:41 07:36 08:24 08:40 08:39 08:20
8	270	Schoofs Erika	TSV Weeze 1910/19	0:42:09	W45	122	0:42:07 07:53 08:40 08:47 08:35 08:10
9	367	Ernst Kathrin	TG Witten 1848	0:42:52	W45	132	0:42:47 07:37 08:36 08:50 08:53 08:49
10	339	Schimanski Martina	TSV Viktoria Mülheim	0:42:58	W45	133	0:42:51 07:58 08:35 08:44 08:52 08:41
11	456	Bell Irene	LG BadSoden/Sulzbach/	0:42:59	W45	134	0:42:59 07:39 08:37 08:58 08:56 08:48
12	170	Krause Ute	Sport-Club Itzehoe	0:43:11	W45	139	0:43:09 07:50 08:43 08:50 08:54 08:50
13	79	Janßen Tanja	SUS Schalke 96	0:43:34	W45	146	0:43:29 07:59 08:42 08:49 08:58 08:59
14	700	Sellmer Kirsten	LG Flensburg	0:44:47	W45	164	0:44:42 07:48 08:58 09:19 09:25 09:10
15	241	Huckschlag Maren	LG Bremen-Nord	0:45:34	W45	170	0:45:26 08:02 08:58 09:15 09:35 09:34
16	585	Schoormann Vera	TuS Griesheim	0:46:28	W45	174	0:46:22 08:16 09:01 09:16 09:50 09:57
17	240	Bahr Anja	LG Bremen-Nord	0:46:50	W45	177	0:46:42 08:35 09:25 09:38 09:37 09:26
18	778	Singer Sabine	TV Refrath	0:47:22	W45	182	0:47:15 08:29 09:29 09:47 09:41 09:47
19	479	Bewersdorff Christa	TF Feuerbach	0:49:03	W45	193	0:48:56 08:46 09:46 10:05 10:02 10:15
20	702	Ullrich Dr. Kirsten	TSV Dresden	0:51:10	W45	197	0:51:02 09:21 10:09 10:19 10:32 10:38
21	242	Schröder Alexandra	LG Bremen-Nord	0:51:39	W45	198	0:51:31 09:05 10:11 10:39 10:48 10:45
22	155	Thiel Marion	TuS 08 Lintorf	0:57:21	W45	209	0:57:12 09:54 11:13 11:47 12:11 12:05

Altersklasse Frauen W50

1	85	Maak Petra	LAV Bayer Uerdingen / D	0:38:26	W50	52	0:38:22 07:02 07:43 07:50 07:55 07:50
2	795	Auer-Gerber Barbara	TG Viktoria Augsburg	0:40:17	W50	80	0:40:13 07:34 08:09 08:17 08:14 07:58
3	584	Schwartze Alexandra	OSC Waldniel	0:40:50	W50	98	0:40:46 07:20 08:11 08:20 08:29 08:25
4	586	Peters-Karbstein Marion	TuS Griesheim	0:41:43	W50	114	0:41:38 07:52 08:25 08:31 08:30 08:18
5	5046	Graeber Christiane	LG Coesfeld	0:41:52	W50	117	0:41:47 07:44 08:26 08:29 08:37 08:30
6	168	Spicker Ute	Team-Essen 99	0:41:58	W50	119	0:41:52 07:24 08:13 08:34 08:45 08:53
7	81	Bido Jutta	SUS Schalke 96	0:42:20	W50	125	0:42:16 07:43 08:30 08:38 08:43 08:39
8	349	Piontek Sabina	LG Dorsten	0:43:05	W50	135	0:42:57 07:39 08:27 08:36 08:57 09:16
9	269	Born Michaela	TSV Weeze 1910/19	0:43:07	W50	138	0:43:02 07:52 08:41 08:47 08:52 08:49
10	57	Rentergent Carola	Sportgemeinschaft Zons	0:43:45	W50	148	0:43:36 07:49 08:40 09:11 09:05 08:51
11	5036	Richter Angela	SFD '75 Düsseldorf	0:43:55	W50	149	0:43:47 07:34 08:41 09:11 09:13 09:06
12	457	Scheifler Judith	LG BadSoden/Sulzbach/	0:44:20	W50	155	0:44:13 08:07 08:53 09:03 09:06 09:01
13	78	Möllensiep Sybille	SUS Schalke 96	0:44:29	W50	158	0:44:23 07:54 08:43 09:01 09:18 09:25
14	751	Gebehart Beate	TV Refrath	0:44:46	W50	163	0:44:36 08:29 09:02 09:06 09:06 08:51
15	33	Ciaglia Silke	Sportgemeinschaft Zons	0:44:47	W50	165	0:44:45 08:06 09:02 09:12 09:17 09:06
16	271	Voss Maria	TSV Weeze 1910/19	0:44:59	W50	167	0:44:54 08:06 09:03 09:13 09:16 09:14
17	338	Kokozinski Susanne	TSV Viktoria Mülheim	0:47:02	W50	178	0:46:55 08:40 09:27 09:41 09:45 09:20
18	87	Hock Ines	Turnerschaft Frechen	0:47:05	W50	179	0:46:58 08:46 09:33 09:34 09:34 09:29
19	337	Kels Petra	TSV Viktoria Mülheim	0:47:08	W50	180	0:47:00 08:39 09:27 09:38 09:34 09:40
20	425	Steinborn Dorothee	LG Gummersbach	0:47:21	W50	181	0:47:12 08:39 09:27 09:37 09:41 09:46
21	114	Andrieu-Syrek Ina	LG Gummersbach	0:47:29	W50	186	0:47:21 08:32 09:21 09:44 09:53 09:49
22	390	Fetzer Ute	LG Brenztal	0:47:29	W50	187	0:47:23 08:47 09:32 09:39 09:48 09:35
23	587	Stumpf Petra	TuS Griesheim	0:48:16	W50	189	0:48:10 08:55 09:45 09:47 09:48 09:53
24	443	Lindenberglange Regina	LG Gummersbach	0:49:30	W50	194	0:49:22 09:08 09:53 10:08 10:12 09:59
25	683	Osthoff-Lange Mechthild	LG Hamm Kamen Holzwo	0:52:25	W50	202	0:52:21 09:43 10:29 10:48 10:47 10:31
26	344	Schütte Drita	TSV Viktoria Mülheim	0:52:39	W50	203	0:52:29 09:50 10:28 10:34 10:48 10:48
27	397	Bartz Petra	Team Oberhavel e.V.	0:57:32	W50	210	0:57:22 10:36 11:39 11:45 11:49 11:32

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Frauen

gedruckt 11.09.2014 18:41:41

Seite 11

AK-Platz	Nr.	Name Vorname	Verein/*Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Frauen W55							
1	741	Dammann Andrea	TG Viktoria Augsburg	0:42:12	W55	123	0:42:09 07:49 08:26 08:33 08:39 08:40
2	781	Wietscher Antje	TV Refrath	0:43:06	W55	136	0:42:57 07:52 08:33 08:51 08:55 08:44
3	704	Hellenbrand Lilo	DJK Gillrath	0:44:39	W55	160	0:44:34 08:10 08:57 09:07 09:13 09:05
4	137	Kleinemeyer Dagmar	Barsbütteler SV	0:47:22	W55	183	0:47:17 09:03 09:46 09:42 09:33 09:10
5	697	Kohlen Helene	SV Germania Dürwiß	0:47:27	W55	184	0:47:16 08:31 09:22 09:40 09:51 09:50
6	455	Windmüller Cäcilia	DJK Hüthum-Borghees e	0:48:55	W55	192	0:48:50 08:46 09:47 10:03 10:06 10:06
7	41	Dr. Stehr Dorit	LG Lüneburg Stadt und L	0:51:40	W55	199	0:51:33 08:56 10:33 10:50 10:51 10:21
8	50	Schlachte Roswita	SG Misburg	0:52:19	W55	201	0:52:16 08:53 10:19 10:48 11:14 11:00
9	147	Coroly Sabine	LG Gummersbach	0:53:08	W55	205	0:52:59 09:50 10:48 10:42 10:48 10:49
10	213	Volk Thea	Lg Gummersbach	0:55:26	W55	208	0:55:17 10:03 11:01 11:06 11:28 11:37
11	682	Rother Anette	LG Hamm Kamen Holzw	0:59:29	W55	213	0:59:23 10:21 11:40 12:14 12:33 12:34
Altersklasse Frauen W60							
1	288	Kolesa Gerlinde	MTV 1881 Ingolstadt	0:42:26	W60	126	0:42:23 07:51 08:39 08:39 08:42 08:30
2	659	Küppers Heidi	TG Viktoria Augsburg	0:42:28	W60	128	0:42:25 07:50 08:30 08:42 08:41 08:39
3	589	Hüther Elfie	VfB Salzkotten	0:43:20	W60	142	0:43:15 07:57 08:40 08:52 08:53 08:51
4	239	Göttbauer Margret	LG BadSoden/Sulzbach/	0:46:30	W60	175	0:46:23 08:43 09:18 09:27 09:29 09:24
5	415	Hoschke Traudel	Homberger TV	0:48:02	W60	188	0:47:56 08:45 09:37 09:48 09:53 09:50
6	51	Herrnkind Renée	LG Wetzlar	0:49:37	W60	195	0:49:27 08:54 10:00 10:13 10:12 10:06
7	340	Stelkens Angela	TSV Viktoria Mülheim	0:50:50	W60	196	0:50:44 09:17 10:17 10:16 10:26 10:25
8	88	Falk-Stiller Angelika	Turnerschaft Frechen	0:52:10	W60	200	0:52:02 09:18 10:18 10:33 10:49 11:03
Altersklasse Frauen W65							
1	49	Vogl Gudrun	Spvgg. Renningen	0:45:32	W65	169	0:45:28 08:22 09:14 09:18 09:19 09:14
2	475	Horst Hannelore	TV Georgsmarienhütte	0:45:36	W65	171	0:45:31 08:08 09:10 09:25 09:28 09:20
3	254	Spronk Marianne	SV Viktoria Goch	0:46:09	W65	173	0:46:03 08:22 09:22 09:28 09:26 09:23
4	130	Ritschel Anja	TV Waldstraße Wiesbade	0:48:46	W65	190	0:48:41 08:53 09:43 09:58 10:02 10:03
5	129	Schneider Anita	TV Waldstraße Wiesbade	0:52:58	W65	204	0:52:52 09:34 10:33 10:46 10:56 11:02
6	568	Dorn Margret	Viersener Turnverein 184	1:05:47	W65	215	1:05:39 11:34 13:19 13:34 13:42 13:28
Altersklasse Frauen W70							
1	5051	Staubermann Hermi	LA Spvgg. Herten	0:53:46	W70	206	0:53:40 09:31 10:44 11:13 11:17 10:53
2	306	Kroboth Veronika	LG BEC	0:53:55	W70	207	0:53:49 09:36 10:57 11:04 11:10 11:00
3	45	Rattay Reintraut	LG Peiner Land	0:57:58	W70	211	0:57:52 09:38 10:58 11:13 11:44 14:16
4	650	Pohlmann Gaby	LC Bad Arolsen	0:58:42	W70	212	0:58:36 10:32 11:41 11:54 12:05 12:22
5	268	Wiener Bärbel	LG Lüneburg Stadt und L	1:00:26	W70	214	1:00:16 10:37 12:00 12:30 12:38 12:30

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Frauen

gedruckt 11.09.2014 18:41:41

Seite 12

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Frauen WHK							
1	11	Mockenhaupt Sabrina	LG Sieg	0:34:13	WHK	1	0:34:12 06:21 06:43 06:56 07:03 07:06
2	5055	Restle-Apel Simret	PSV Grün-Weiß Kassel	0:34:27	WHK	2	0:34:25 06:20 06:45 07:02 07:10 07:06
3	14	Sussmann Jana	LT Haspa Marathon Hamb	0:34:43	WHK	3	0:34:43 06:36 07:06 07:09 07:06 06:44
4	13	Stockhecke Mona	LT Haspa Marathon Hamb	0:34:52	WHK	5	0:34:51 06:33 07:06 07:06 07:04 06:59
5	5038	Kramer Nina	LG Stadtwerke Hilden	0:34:53	WHK	6	0:34:52 06:34 07:07 07:04 07:04 07:00
6	674	Schneider Anja	PSV Grün-Weiß Kassel	0:34:55	WHK	7	0:34:54 06:36 07:04 07:06 07:10 06:57
7	5054	Weiß Domenika	Skivereinigung Amberg	0:35:20	WHK	10	0:35:17 06:31 07:07 07:12 07:20 07:06
8	436	Uphoff Tinka	Spiridon Frankfurt	0:35:27	WHK	13	0:35:24 06:33 07:05 07:05 07:15 07:24
9	12	Kock Maren	LG Telis Finanz Regensbu	0:35:37	WHK	14	0:35:36 06:34 07:08 07:14 07:27 07:11
10	133	Eltschkner Sandra	Sportgemeinschaft Greifs	0:35:39	WHK	15	0:35:37 06:35 07:07 07:17 07:19 07:17
11	403	Walloch Christina	TV Waldstraße Wiesbade	0:36:15	WHK	22	0:36:13 06:43 07:19 07:27 07:27 07:16
12	754	Wallebohr Anne	LAG Mittlere Isar	0:36:17	WHK	23	0:36:16 06:42 07:20 07:26 07:29 07:18
13	255	Dahlbeck Anna-Lina	TuS Xanten	0:36:20	WHK	24	0:36:19 06:37 07:12 07:27 07:38 07:24
14	679	Grewatta Patricia	LG Hamm Kamen Holzw	0:36:45	WHK	26	0:36:45 06:43 07:19 07:28 07:41 07:32
15	5030	Ojstersek Svenja	SFD '75 Düsseldorf	0:37:03	WHK	29	0:37:01 06:40 07:25 07:36 07:42 07:36
16	612	Kallenberg Friederike	LV Pliezhausen 2012	0:37:07	WHK	30	0:37:05 06:44 07:25 07:37 07:42 07:36
17	186	Plinke Anna-Katharina	LG Telis Finanz Regensbu	0:37:07	WHK	31	0:37:05 06:57 07:32 07:35 07:39 07:20
18	180	Claire Perrin	LG Stadtwerke München	0:37:11	WHK	32	0:37:08 06:40 07:22 07:37 07:46 07:42
19	169	Groß-Hardt Jana	LAZ Rhede	0:37:14	WHK	33	0:37:12 06:46 07:26 07:39 07:47 07:32
20	629	Lüring Sandra	LG Brillux Münster	0:37:17	WHK	34	0:37:14 06:52 07:31 07:36 07:41 07:32
21	185	Rausch Monika	LG Telis Finanz Regensbu	0:37:21	WHK	36	0:37:19 06:50 07:30 07:38 07:44 07:34
22	613	Arndt Hannah	LV Pliezhausen 2012	0:37:39	WHK	39	0:37:37 06:53 07:29 07:36 07:47 07:50
23	560	Maurer Anja	TF Feuerbach	0:37:46	WHK	41	0:37:42 06:52 07:31 07:41 07:51 07:45
24	506	Prieske Anna	TSG 1845 Heilbronn	0:37:47	WHK	42	0:37:43 06:53 07:30 07:40 07:48 07:51
25	510	Schneider Tina	TuS Deuz	0:37:54	WHK	44	0:37:54 07:01 07:31 07:48 07:52 07:39
26	249	Gaus Nadja	ASV Köln	0:37:56	WHK	45	0:37:49 06:54 07:26 07:44 07:55 07:48
27	511	Giehl Nina Caprice	TuS Deuz	0:38:02	WHK	48	0:37:57 07:03 07:36 07:43 07:50 07:42
28	5017	Wilken Christen	Ayyo Team Essen	0:38:10	WHK	50	0:38:09 06:59 07:44 07:55 07:55 07:35
29	5044	Bechtloff Mareike	ASV Erfurt	0:38:28	WHK	53	0:38:26 06:55 07:31 07:49 08:08 08:01
30	595	Schwartz Heidi	TuS Köln rrh.	0:38:33	WHK	55	0:38:29 06:39 07:34 08:03 08:12 07:59
31	787	Otterbach Rebekka	TuS Deuz	0:38:44	WHK	56	0:38:39 07:08 07:40 07:55 07:57 07:56
32	721	Offermann Eva	DJK JungSiegfried Herzo	0:38:47	WHK	57	0:38:43 07:05 07:44 07:58 08:05 07:50
33	767	Siebert Mareike	LAG Mittlere Isar	0:38:47	WHK	58	0:38:43 06:57 07:43 07:56 08:04 08:01
34	549	Böhmer Lea	Aachener TG	0:38:47	WHK	59	0:38:44 07:05 07:47 07:57 08:01 07:51
35	281	Ölhorn Susanne	LG Passau	0:38:48	WHK	60	0:38:45 06:58 07:43 07:55 08:05 08:02
36	675	Reuter Anna	PSV Grün-Weiß Kassel	0:38:49	WHK	61	0:38:45 06:53 07:34 08:02 08:12 08:02
37	389	Haug Tabea	LAV Stadtwerke Tübingen	0:38:54	WHK	62	0:38:49 07:11 07:51 07:57 07:59 07:49
38	676	Arnold Thordis	PSV Grün-Weiß Kassel	0:38:58	WHK	65	0:38:53 07:09 07:54 08:05 08:04 07:39
39	548	Basten Irene	Aachener TG	0:39:11	WHK	67	0:39:05 07:06 07:50 07:57 08:03 08:06
40	222	Koill Annika	LTC Berlin	0:39:24	WHK	68	0:39:20 07:10 07:52 07:59 08:12 08:05
41	664	Gruchala Jasmin	TV Waldstraße Wiesbade	0:39:30	WHK	71	0:39:27 07:19 07:53 08:01 08:06 08:06
42	599	Weniger Julia	LG Stadtwerke München	0:39:37	WHK	72	0:39:34 07:08 07:50 08:02 08:09 08:23
43	237	Weiß Michaela	Tusem Essen	0:39:47	WHK	74	0:39:43 07:08 07:56 08:11 08:18 08:08
44	127	Hettich Sarah	LG Region Karlsruhe	0:39:52	WHK	76	0:39:46 07:09 07:47 08:01 08:16 08:33
45	325	Lienhart Laura	SG Wenden	0:39:59	WHK	78	0:39:55 07:06 07:56 08:12 08:24 08:15
46	258	Fierek Carina	TuS Xanten	0:40:23	WHK	84	0:40:19 07:30 08:07 08:10 08:12 08:18
47	44	Lüttich Anita	SAV Leipzig	0:40:32	WHK	88	0:40:32 07:11 08:15 08:27 08:29 08:08
48	316	Bröcher Stefanie	SG Wenden	0:40:41	WHK	92	0:40:38 07:26 08:13 08:19 08:25 08:13
49	677	Meuser Jeanette	PSV Grün-Weiß Kassel	0:40:45	WHK	95	0:40:40 07:33 08:08 08:21 08:21 08:15
50	327	Rademacher Ina	SG Wenden	0:40:55	WHK	99	0:40:51 07:26 08:13 08:21 08:27 08:22
51	105	Börner Annika	ASV Köln	0:41:01	WHK	100	0:40:54 07:24 08:10 08:23 08:37 08:18
52	317	Clemens Sandra	SG Wenden	0:41:02	WHK	101	0:40:54 07:32 08:12 08:24 08:29 08:15
53	761	Neugebauer Kai-Louise	LAG Mittlere Isar	0:41:06	WHK	102	0:41:05 07:06 08:16 08:35 08:47 08:20
54	562	Malloy Catherine	TF Feuerbach	0:41:25	WHK	107	0:41:21 07:08 08:03 08:37 08:40 08:51
55	5029	Körschkes Nadine	SFD '75 Düsseldorf	0:41:26	WHK	108	0:41:22 07:20 08:19 08:35 08:34 08:32
56	661	Fritze-meier Stephanie	TSVE 1890 Bielefeld	0:42:13	WHK	124	0:42:10 07:42 08:31 08:36 08:42 08:36
57	5031	Thiemann Irabella	SFD '75 Düsseldorf	0:43:18	WHK	140	0:43:13 07:46 08:40 08:49 08:59 08:57
58	681	Schreiner Laura	LG Hamm Kamen Holzw	0:43:19	WHK	141	0:43:15 07:34 08:29 08:51 09:11 09:08
59	104	Jostock Charlotte	ASV Köln	0:43:23	WHK	143	0:43:16 07:51 08:51 09:01 09:00 08:31
60	5041	Welte Hannah	TSV Schott Mainz	0:43:27	WHK	145	0:43:18 08:16 08:44 08:47 08:53 08:36
61	5034	Ziob Jana	SFD '75 Düsseldorf	0:44:04	WHK	151	0:43:57 07:50 08:49 08:57 09:09 09:10

Stadtwerke Kö-Lauf Düsseldorf am 7.9.2014

Deutsche Straßenlaufmeisterschaften 10km

Frauen

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Seite 13

AK-Platz	Nr.	Name Vorname	Verein*/Ort	Endzeit	AK	Total.	Nettozeit / Rundenzeiten
Altersklasse Frauen WHK							
62	482	Brouwer Britta	LSF Münster	0:44:16	WHK	154	0:44:10 07:43 08:39 09:14 09:31 09:00
63	5033	Medici Francesca	SFD '75 Düsseldorf	0:44:43	WHK	161	0:44:36 07:52 08:56 09:17 09:19 09:10
Altersklasse Frauen WU23							
1	16	Teegen Isabell-Sophie	SC Rönau 74	0:34:43	WU23	3	0:34:42 06:33 07:06 07:06 07:02 06:53
2	124	Tränckle Melina	LG Region Karlsruhe	0:35:15	WU23	9	0:35:13 06:30 07:03 07:08 07:12 07:18
3	17	Rehberg Maya	SC Rönau 74	0:35:25	WU23	11	0:35:24 06:36 07:07 07:13 07:15 07:11
4	174	Reng Franziska	LG Telis Finanz Regensbu	0:35:26	WU23	12	0:35:24 06:35 07:06 07:11 07:18 07:13
5	68	Gehring Anna	SC Itzehoe	0:35:42	WU23	16	0:35:42 06:35 07:07 07:11 07:24 07:23
6	5047	Niemeyer Hannah	VfL Kirchheim/Teck	0:35:47	WU23	18	0:35:47 06:33 07:08 07:18 07:30 07:16
7	387	Hundeborn Inga	Solinger LC	0:35:49	WU23	19	0:35:45 06:33 07:07 07:21 07:28 07:14
8	183	Amrhein Fabienne	MTG Mannheim	0:35:56	WU23	20	0:35:53 06:34 07:05 07:14 07:34 07:24
9	555	Buil Melina	SV 1919 Sonsbeck e.V.	0:36:50	WU23	27	0:36:48 06:46 07:16 07:25 07:41 07:36
10	361	Al-Sayad Mayada	1. VfL FORTUNA Marzah	0:37:23	WU23	37	0:37:21 06:33 07:25 07:50 07:54 07:38
11	228	Schmitz Nora	Post-Sportverein Trier	0:37:23	WU23	38	0:37:20 06:50 07:29 07:37 07:41 07:40
12	653	Grießbaum Tanja	LG Rülzheim	0:38:04	WU23	49	0:38:04 06:43 07:31 07:50 08:06 07:53
13	651	Schulz Johanna	LT Haspa Marathon Hamb	0:38:21	WU23	51	0:38:20 06:47 07:34 07:49 08:02 08:06
14	229	Wallner Katrin	LG Stadtwerke München	0:38:31	WU23	54	0:38:28 07:02 07:40 07:50 07:56 07:58
15	126	Knirsch Lena	LG Region Karlsruhe	0:38:57	WU23	63	0:38:52 07:07 07:49 08:01 08:01 07:52
16	230	Bermes Chiara	Post-Sportverein Trier	0:39:57	WU23	77	0:39:52 07:06 08:00 08:17 08:24 08:04
17	493	Vitt Valeska	SV Brackwede	0:40:13	WU23	79	0:40:10 07:27 08:13 08:22 08:15 07:51
18	162	Willenborg Nadja	SC Rönau 74	0:40:20	WU23	81	0:40:19 07:13 08:00 08:20 08:25 08:19
19	601	Fuß Laura	LT DSHS Köln	0:40:22	WU23	83	0:40:14 07:21 08:12 08:12 08:11 08:17
20	576	Wehr Katharina	TV Wanheimerort 1880	0:40:40	WU23	90	0:40:35 07:33 08:13 08:21 08:20 08:05
21	557	Kalscheur Svenja	SV 1919 Sonsbeck e.V.	0:40:41	WU23	91	0:40:38 07:11 08:13 08:20 08:17 08:35
22	250	Coutellier Vera	ASV Köln	0:40:45	WU23	96	0:40:39 07:03 07:48 08:22 08:46 08:38
23	231	Schmitt Laura	Post-Sportverein Trier	0:41:07	WU23	103	0:41:04 07:22 08:12 08:28 08:32 08:28
24	487	Berger Sina	SKG Stockstadt	0:41:10	WU23	104	0:41:04 07:23 08:15 08:32 08:31 08:22
25	67	Hardt Caroline	TSV Bayer 04 Leverkusen	0:41:26	WU23	109	0:41:23 07:21 08:11 08:30 08:47 08:31
26	603	Valder Sarah	TuS Köln rrh	0:41:31	WU23	110	0:41:28 07:37 08:14 08:24 08:34 08:36
27	556	Schmitz Annika	SV 1919 Sonsbeck e.V.	0:41:31	WU23	111	0:41:29 07:12 08:19 08:32 08:44 08:40
28	477	Von Keutz Pia	LT DSHS Köln	0:41:45	WU23	115	0:41:37 07:31 08:15 08:30 08:34 08:44
29	280	Hümbs Marie	AS Neukirchen-Vluyn	0:42:42	WU23	130	0:42:36 07:35 08:37 08:49 08:45 08:48
30	259	Angenendt Riccarda	TuS Xanten	0:43:38	WU23	147	0:43:33 07:32 08:38 09:08 08:56 09:16
31	559	Lüchtfeld Alice	TuS Köln rrh.	0:44:14	WU23	153	0:44:07 07:42 08:45 09:12 09:21 09:05
32	691	Kappelmann Sophia	LG Hamm Kamen Holzw	0:44:56	WU23	166	0:44:53 07:49 08:53 09:11 09:31 09:27
33	685	Rabe Kristine	LG Hamm Kamen Holzw	0:46:45	WU23	176	0:46:42 07:58 09:19 09:49 09:55 09:39
34	692	Holtmann Annika	LG Hamm Kamen Holzw	0:47:28	WU23	185	0:47:24 08:12 09:34 09:51 09:58 09:46